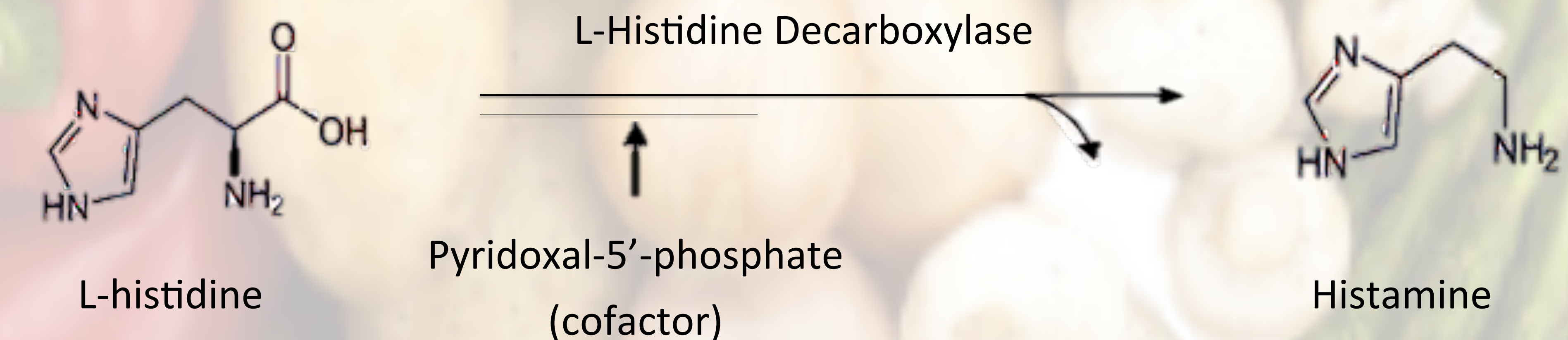


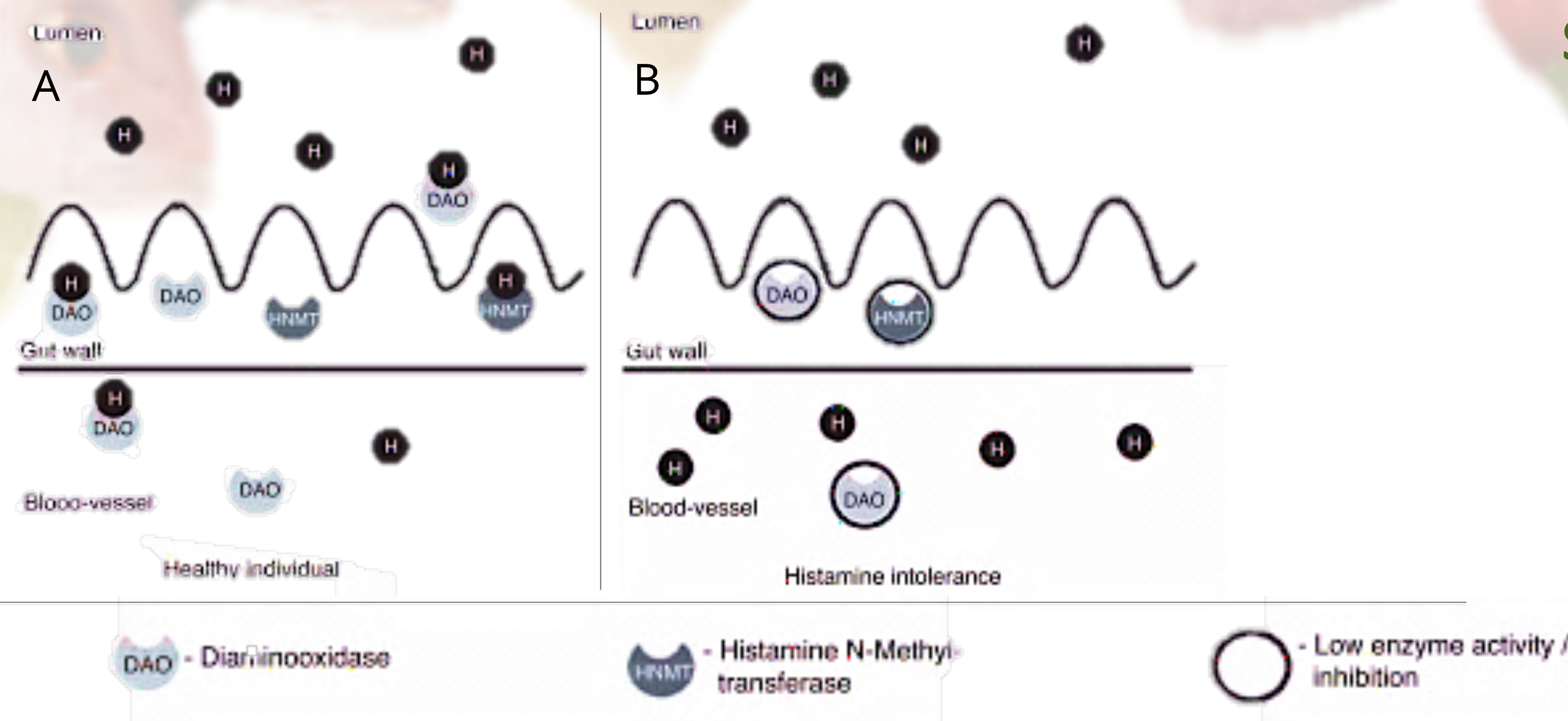
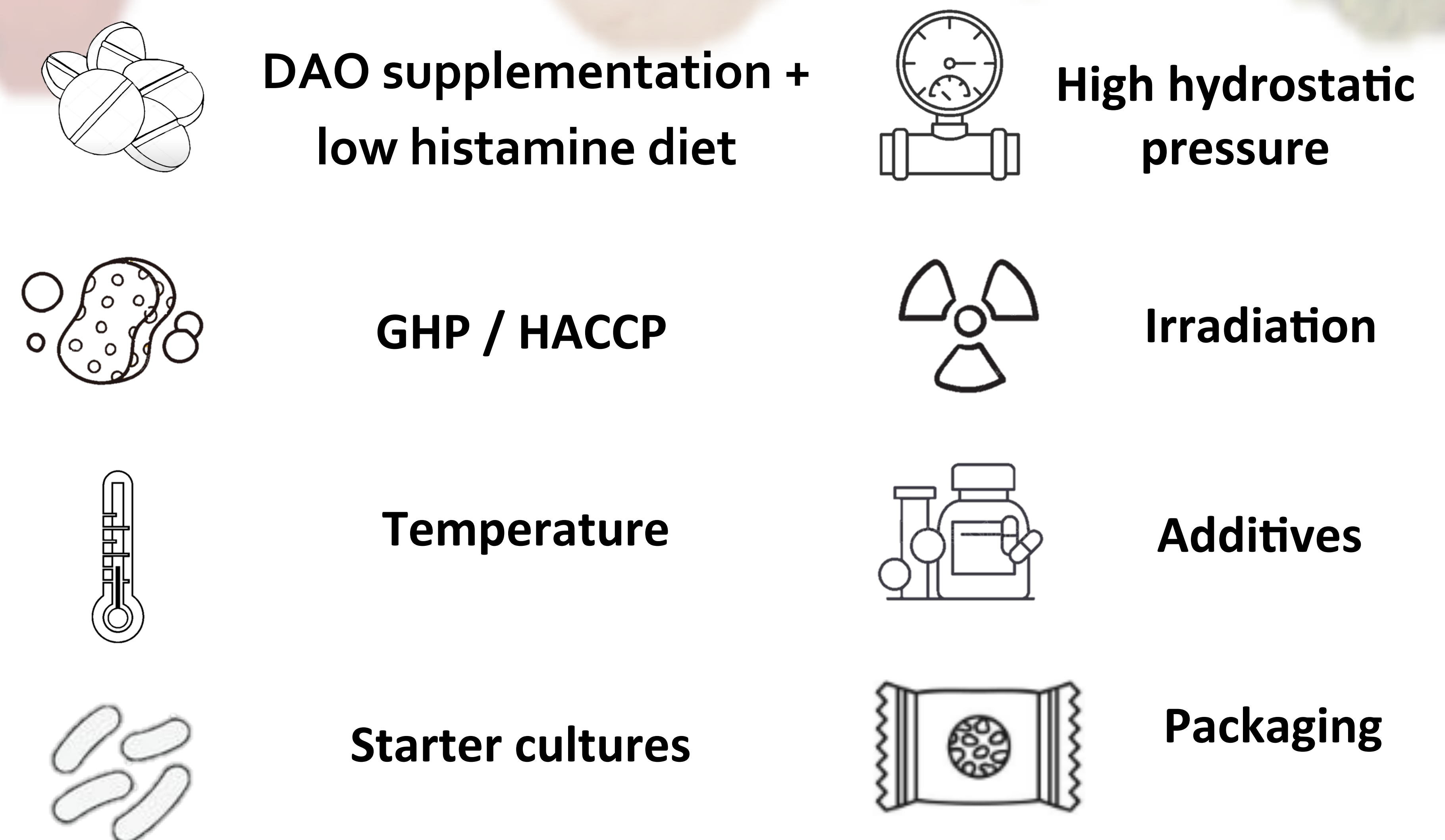
AIMS

- ✗ To describe factors that induce histamine intolerance
- ✗ To describe the reasons why an intolerant person can not metabolize histamine
- ✗ To describe strategies to deal with histamine intolerance

FIGURE 1 Histamine formation [1]



STRATEGIES TO DEAL WITH HISTAMINE INTOLERANCE [3]



CONCLUSIONS

- ✗ The main factors that induce histamine intolerance are the amount of histamine present in food and the decrease in enzymatic activity
- ✗ Drugs are the main factor why an intolerant person can not metabolize histamine
- ✗ Following a low histamine diet simultaneously with enzyme DAO supplementation is the most common strategy. The most important methods to control / reduce histamine in foods are GHP and HACCP, as well as starter cultures

[1] Comas-Basté O, Latorre-Moratalla M., Sánchez-Pérez S, Veciana-Nogués M., Vidal-Carou M. 2019. Histamine and other biogenic amines in food. From scombroid poisoning to histamine intolerance. In: Proestos C, editor. Biogenic Amines. Vol. 1. 1st ed. Barcelona: IntechOpen. p. 13.

[2] Kovacova-Hanusova E, Buday T, Gavliakova S, Plevkova J. 2015. Histamine, histamine intoxication and intolerance. Allergol Immunopathol. 43(5):498–506.

[3] 123RF. 2019. Banco de imágenes: fotos libres de derechos y vectores. [accessed 2019 May 28]. Available in: <https://es.123rf.com/>.